

SUPPORT IS HERE FOR YOU IN SUTTON



Key service information



Health visiting teams are providing home visits and virtual visits and there are virtual support groups available each week.



Libraries are still offering access to public PCs (45 bookable minute sessions) alongside pre-packed (Covid-19 safe) children's books. We're also offering a 'Select and Collect' service for library users alongside digital resources which include virtual Rhymetimes and Storytimes.



School nurses will still be there to support children and families of school-aged children in order to meet their physical and emotional health needs.



4 Children's Centres will remain open and will provide daily drop-in parenting support sessions, Monday - Friday: at Tweeddale Children's Centre, Green Oak Children's Centre, Amy Johnson Children's Centre and Thomas Wall Children's Centre.



The Sutton Domestic Abuse One Stop Shop will remain open. People are able to leave their homes to visit the One Stop Shop and get the support they need - no appointment needed - just drop in. The One Stop Shop is every Wednesday, 9.30am - 11.30am, at Sutton Baptist Church, 21 Cheam Road, Sutton SM1 1SN

Support available for you


Your Situation	Who can support you	How to get in touch
I am pregnant	If you are pregnant, advice is available from a Midwife 24/7 from the Pregnancy Advice Line	Tel: 0300 123 5473
I am a dad	<p>Sutton Men in Sheds provides advice and support for men including dads and can provide access to parenting workshops for new fathers. The project also offers support to any male in Sutton struggling with mental health, at risk of self harm and isolation. Virtual groups are delivered during November and December. We are hosting a series of workshops delivered by Sutton Uplift for men to attend (online).</p> <p>Specific advice and guidance for dads at daddilife.com</p>	<p>Email: daniel@communityactionsutton.org.uk Social: Facebook/SuttonMeninSheds Web: www.daddilife.com</p>



Your Situation	Who can support you	How to get in touch
<p>I have a new baby</p>	<p>Virtual infant feeding support clinic is available. Tuesday and Thursday 9am - 1pm.</p> <p>Virtual introducing solids session for babies 18 weeks and older.</p> <p>Join the Sutton health visiting team for a virtual coffee and chat and meet other mums. Thursdays 10am - 11am</p> <p>Why don't you follow Sutton health visiting on Facebook for the latest support available and activities.</p> <p>Tea and Tots, weekly support group for parents and under twos. Thursday am in Sutton</p> <p>Parent Groups for the under 1's at 4 Children's Centres across the borough. If you do not feel comfortable attending a group call your nearest children's centre and a member of the team will discuss options for one to one or virtual support.</p> <p>Home-Start Sutton 1:1 Volunteer mentoring support for families with children under 5. Trained and professionally supported parent volunteers offer weekly support to the whole family - telephone or virtual. Some socially distanced face to face possible. Befriending for families, who live in the borough and are experiencing stress. Reducing the effects of isolation in families. www.homestartsutton.org.uk</p>	<p>https://nhs.vc/esth-infant-feeding</p> <p>Call our Health visiting team on 020 8770 5409 to be added to the invite list or to speak to a duty health visitor. Tel: 0208 770 5409 to be added to the invite list. @suttonhealthvisiting</p> <p>Home-Start Sutton referrals and self-referrals Tel: 020 86476501 Email: admin@homestartsutton.org.uk</p> <p>Green Oak Children's Centre, 671 London Road, Cheam, SM3 9DL Tel: 020 8770 5787</p> <p>Thomas Wall Children's Centre, 9 Western Road, Sutton, SM1 2TF Tel: 020 8770 5875</p> <p>Tweeddale Children's Centre, Tweeddale Road, Carshalton, SM5 1SQ Tel: 020 8770 5801</p> <p>Amy Johnson Children's Centre, Brabazon Avenue, Wallington, SM6 9ET Tel: 020 8770 5910</p> <p>Follow our Facebook pages for updated information, or call your nearest centre.</p> <p>Home-Start Sutton referrals and self-referrals Tel: 020 8647 6501 Email: admin@homestartsutton.org.uk</p>

Your Situation	Who can support you	How to get in touch
<p>I have a toddler</p>	<p>Weekly Family Support Groups run by Home Start.</p> <p>Parents Groups for under 5's at Children's Centres - session to meet others and get support and advice on a range of topics, play activities will be available for children too. If you do not feel comfortable attending a group, call your nearest children's centre and a member of staff can offer one to one support either face to face or virtually</p>	<p>Referrals including self referrals Tel: 0208 647 6501 Email: admin@homestartsutton.org.uk</p> <p>Green Oak Children's Centre, 671 London Road, Cheam, SM3 9DL Tel: 020 8770 5787</p> <p>Thomas Wall Children's Centre, 69 Western Road, Sutton, SM1 2TF Tel: 020 8770 5875</p> <p>Tweeddale Children's Centre, Tweeddale Road, Carshalton, SM5 1SQ Tel: 020 8770 5801</p> <p>Amy Johnson Children's Centre, Brabazon Avenue, Wallington, SM6 9ET Tel: 020 8770 5910</p> <p>Or follow our Facebook pages for up to date information or call your nearest centre.</p>



Your Situation	Who can support you	How to get in touch
<p>I have a child with special educational needs and / or disabilities</p>	<p>Local Offer - A website that provides information about the support and opportunities that are available locally including education, health and social care.</p> <p>Children's centres have a range of parenting groups but you can also arrange a time to come and access the centre for just you and your family and meet with a member of the children's centre staff.</p> <p>The Early Support Service offers support, advice and coordination of needs to families where there is a child or children aged 0-8 years with additional needs or disabilities.</p> <p>Short Breaks are activities or a service from which a disabled child or young person gets enjoyment, learning and benefit and gives carers a break from their caring role.</p> <p>PlayWise offers a range of services for everyone that is supporting a child with an additional need or disability.</p> <p>Sutton Portage is a pre-school home visiting education service for children aged 0-3 years and who have significant special educational needs and disabilities.</p> <p>Sutton Information Support and Advice Service (SIASS) provides confidential, impartial, information, advice and support to parents/carers, children and young people on special educational needs and disability (SEND).</p> <p>Sutton Parent Carer Forum (SPCF) is a locally organised group of parents and carers of children with special educational needs and / or disabilities from our local area. Their aim is to make sure that services in the area meet the needs of disabled children and their families. SPCF aims to provide support, advice, information, someone to talk to and a friendly welcome to all fellow parents/carers.</p>	<p>Web: www.sutton.gov.uk/info/200611/suttons_local_offer</p> <p>Call your nearest Children's Centre to book in a time.</p> <p>Make a referral to this service via Children's First Contact Service Tel: 020 8770 6001 Email: childrensfirstcontactservice@sutton.gov.uk Tel: 0208 770 4812 / 07736338707</p> <p>Email: info@playwise.org.uk Web: www.playwise.org.uk Tel: 0208 323 0462</p> <p>Web: www.siass.co.uk Email: sutton@siass.co.uk Email: suttonparentsforum@outlook.com Web: www.suttonparentsforum.org.uk</p> 

Your Situation	Who can support you	How to get in touch
I am a Young Carer	Sutton Carers Centre work with Young Carers (age 8 and above) and host a range of online and in-person educational, respite and support services. These include Emotional and Practical Support (1-1 or whole-family), 'Chill and Learn' Homework Clubs, age 14+ and 16+ Peer Support Groups for Young Adult Carers, 'Passport' Wellbeing Groups and Virtual Holiday Activity Programmes.	Tel: 020 8296 5611 Email: youngcarers@suttoncarerscentre.org Web: www.suttoncarerscentre.org
I live in temporary accommodation	Friday morning support group for mums and under 5's living in temporary or insecure accommodation. In central Sutton please call for details and to 'book'. Children's Centre Parent Groups available every day.	Home-Start Sutton Tel: 0208 647 6501/07708134969 Email: judith@homestartsutton.org.uk Family Information Service, Sutton Tel: 0208 770 6000
I am worried about my mental health	Weekly telephone/virtual support from a matched parent volunteer, someone to talk to and share the highs and lows of parenting in these strange times. Sutton Mental Health Foundation offer Peer to Peer Support Your health visitor is there to listen to you, help you explore how you are feeling and tell you about what help is available for mental health difficulties in Sutton	Referrals including self-referrals Tel: 0208 647 6501 Email: admin@homestartsutton.org.uk Tel: 0208 770 5409 Web: www.smhf.org.uk
I would like advice and support about domestic abuse	Our Independent Domestic Abuse Advisers (IDVAs) are available to offer face-to-face support and guidance to help you at drop-in sessions at Sutton Baptist Church, 21 Cheam Road, Sutton SM1 1SN on Wednesday mornings from 9.30am - 11.30am.	Tel: 020 8092 7569 (9am - 5pm, Mon-Fri) Email: transformsutton@cranstoun.org.uk In an emergency, always dial 999 .

Your Situation	Who can support you	How to get in touch
I am struggling financially	Sutton Citizens Advice provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities	Tel: 0208 405 3552 Web: www.citizensadvicesutton.org.uk/contact-us
I would like faith support	Sutton Community Works can link you to a relevant church in your area Can we add Community Action Sutton has access to other faith organisations in the borough eg mosques	Web: www.suttoncommunityworks.org/about/local-churches-working-together
I am struggling to afford food	A referral to Sutton Foodbank can be accessed via frontline agencies	Web: www.sutton.foodbank.org.uk/get-help/how-to-get-help/
I am a Care Leaver	Your allocated PA or social worker will contact you weekly during this time to make sure you have everything you need. This could be practical support, like food, or essential items or emotional support. Your PA or social worker can also refer you for mentoring or other specialist support services if you need it. Social workers and PAs will continue to visit face to face if it is safe to do so. Please give us a call if you need support! The Quad will be accessed by appointment only so please contact us if you'd like to see or speak with someone. This is to keep everyone safe and we'd ask that you don't just turn up at the office.	Tel: 0208 770 6600 (9am - 5pm, Mon-Fri) Out of hours: 0208 770 5000 Web: www.suttonlocalofferforcareleavers.org.uk Alternatively, contact your allocated social worker or PA



Your Situation	Who can support you	How to get in touch
I am an Adult Carer	Sutton Carers Centre provides advice, information, practical and emotional support to Adult Carers – residents who support their family members or friends because of their physical or mental health issue, illness or disability. A Carer may be an adult or child – and be caring for their child, parent, sibling, or other family member, friend or neighbour. We offer a range of services including online support groups, 1-1 wellbeing/emotional support & Counselling, financial advice and assistance with food/essentials. We can support the whole family – including the person cared for	Tel: 020 8296 5611 Email: @suttoncarerscentre.org Web: www.suttoncarerscentre.org



A poem by a local parent in Sutton, 2020

It's ok to feel. By R Norman

Anxiety is such a strange feeling,
a feeling that's hard to explain.
As you know that every little thing you worry about,
is always done in vain.

Its made up scenarios running through are heads,
driving us crazy so we can't go to bed.
Then the physical symptoms come in to play,
that's when our anxiety really runs away.

Your no long scared of the initial thought,
instead your overwhelmed and distraught.
Your body is telling you to flee from a
danger you cannot see.
Anxiety just won't leave you be.

Your physically tired from all your emotions,
you can't ever rest because of all the commotion.

The worst part? You cannot tell.
This illness is invisible, because you
can hide it from the world.

But there is hope if you don't know how to deal.
Tell someone, anyone, it's OK to feel.



We are helping children early in Sutton

Find out more here: www.sutton.gov.uk/downloads/file/2860/helping_early_strategy

Telling your story

We want to listen to young people and parent and carer stories and experiences of growing up, or being a parent/ carer in Sutton. If you are willing to share your story, please contact: lorna.jacques@sutton.gov.uk

